

Whole body cryotherapy in cryo-chamber for treating neurodermitis

Many patients are dissatisfied with the therapy of their disease. This is not just because of the lack of ability of their doctor, but much rather because medical research has not succeeded until now in developing therapeutic approaches targeted at the root cause of the disease. In addition, patient's acceptance of some therapeutic approaches is also lacking, and this must be present at all costs if a successful treatment is to be hoped for. In addition, for whatever reason, mono-therapies are often followed so that various disease promoting factors remain unconsidered. We have already stated many times that whole body cryotherapy does not have the capability on its own to completely replace other established therapies.

Depending on the severity of the clinical condition up to 30 cold exposures may be necessary. The probability of an enduring therapeutic effect increases with an increasing number of treatments. The therapy should be carried out as far as possible on a stationary basis, e.g. in a health clinic, in order to detach the patient from stress and -other psychological factors that might support the continued existence of the disease. Local therapeutics should be removed before cold application and then freshly reapplied afterwards. A previous treatment at the start of a cold therapy should never be interrupted abruptly.

Itching usually recedes already within the first days of therapy, while dermatitis usually regresses approximately after one week of treatment. In addition to the inflammation inhibitory effect of cold as far as it concerns itching, the pain relieving effect is also important. The neural stimulation resulting from the itch is probably guided in the spinal cord via the same neural pathways as the pain afferents are. It can therefore be assumed that under the short-term action of extreme cold, a similar mechanism is effective for relieving the itch as was described for pain relief in section 3.2 of the book.

A behavioral-therapeutic accompaniment to the cryotherapy is recommended (relaxation techniques, stress coping, elimination of social fears, prevention of scratching by improved self control). Parents of neurodermatotic (small) children should be advised to organize a probiotic therapy to establish a normal intestinal flora (regulation of disrupted immune function) before a whole body cryotherapy is started.